

AN ACADEMIC APPROACH TO ENHANCING WELLBEING @ WVU



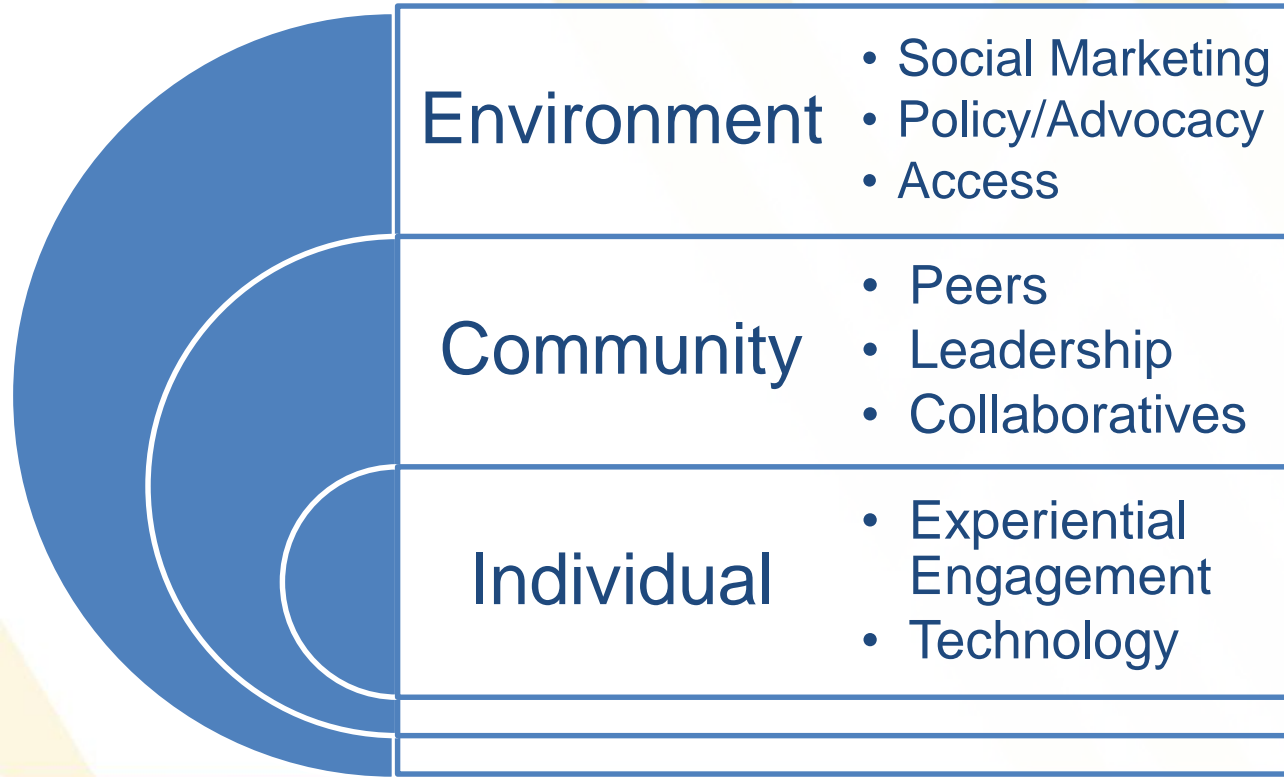
Office of Wellness & Health Promotion

WELLWVU
The Students' Center of Health



**WHY WELLBEING
MATTERS**

Leading the way to a culture that embraces health & wellbeing



THE JOURNEY SO FAR...



Office of Wellness & Health Promotion

WELLWVU
The Students' Center of Health

WHOLE PERSON WELLBEING

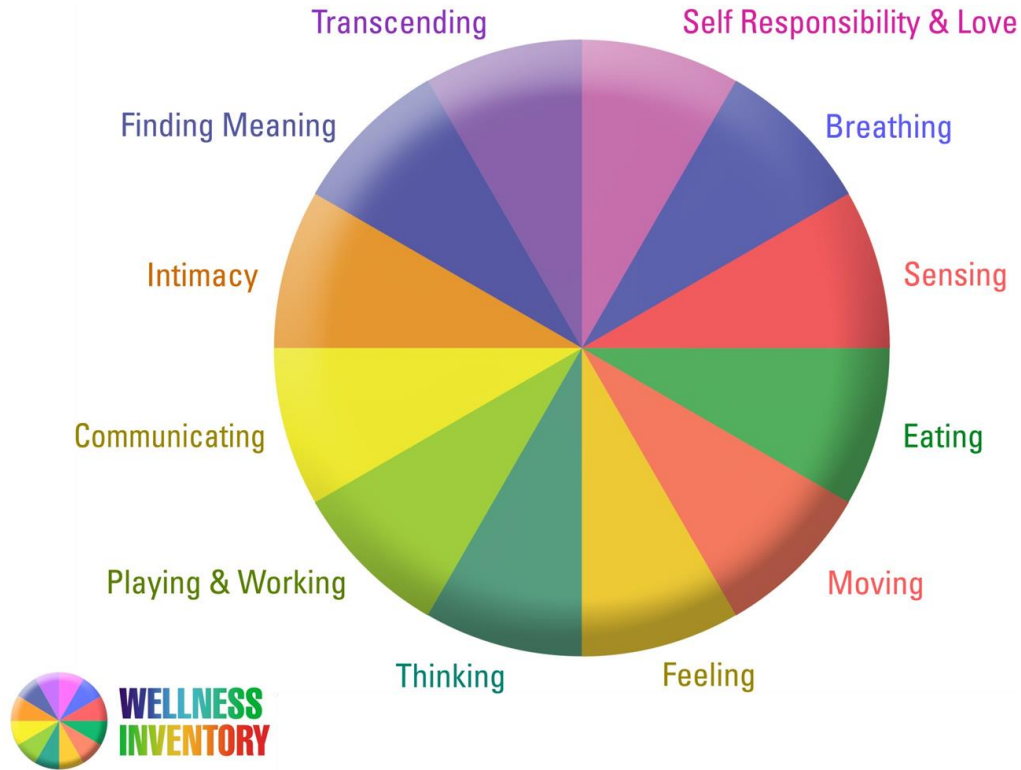


**WELLNESS
INVENTORY**



Office of Wellness & Health Promotion

WELLWVU
The Students' Center of Health



Office of Wellness & Health Promotion

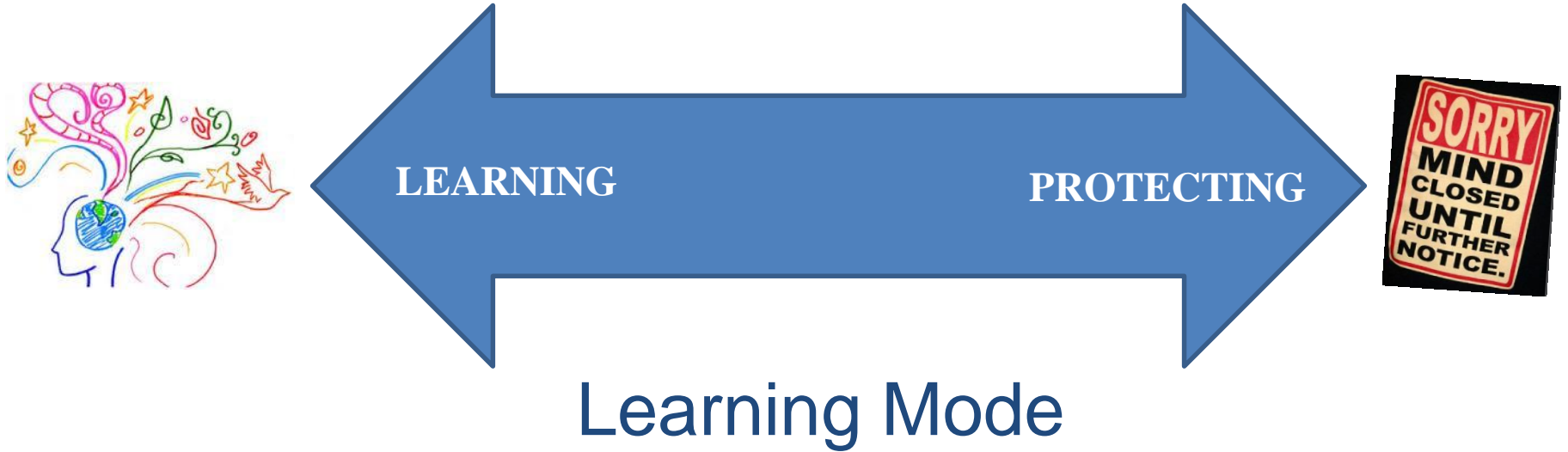
WELLWVU
The Students' Center of Health

PE 293 Enhancing Wellbeing Goals

- Enhance students' concepts of and access to wellbeing
- Introduce wellbeing into an academic course
- Use innovative technology to enhance and evaluate wellbeing

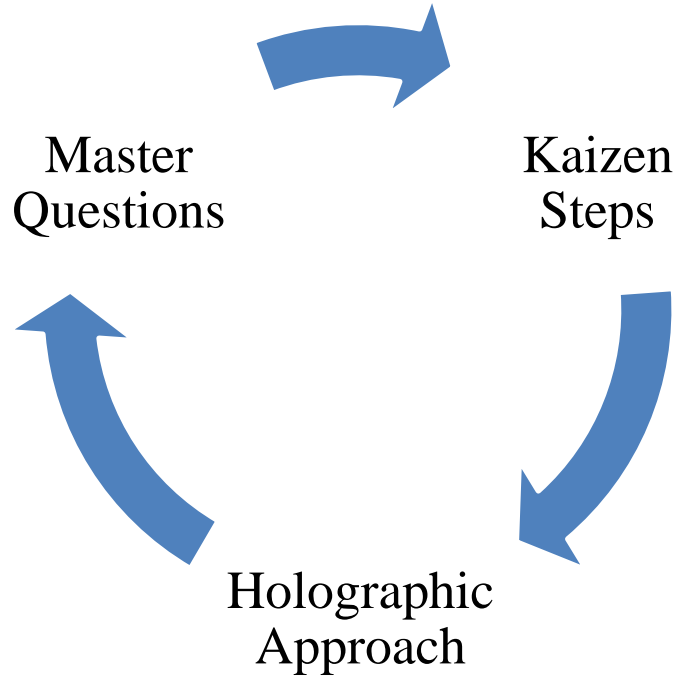


COACHING MODEL



Office of Wellness & Health Promotion

WELLWVU
The Students' Center of Health



Kai	Zen
改	善
Change	Good

Like most things in wellness, it's a process. It's all in degrees.

~Bobbie Burdett





Home



Assessment



Action Plan



Coaching



Progress



Journal



Study Center



Resources



**WELLNESS
INVENTORY**

WellPeople

SELF-RESPONSIBILITY & LOVE

HELP LOG
OUT

Dimension 1 of 12

How True? How true is the statement in your life at this point in time?



Slider score rating: 0 = Not at all, 10 = Completely. For a 0 score, click on wheel.

How Motivated? What is your current level of motivation to improve (readiness for action in 30-90 days)?

Slider score rating: 0 = Lowest, 10 = Highest. For a 0 score, click on wheel.

Options: Type 0-10 score in box, hit tab key to move from box to box. For 0 score, click on wheel.

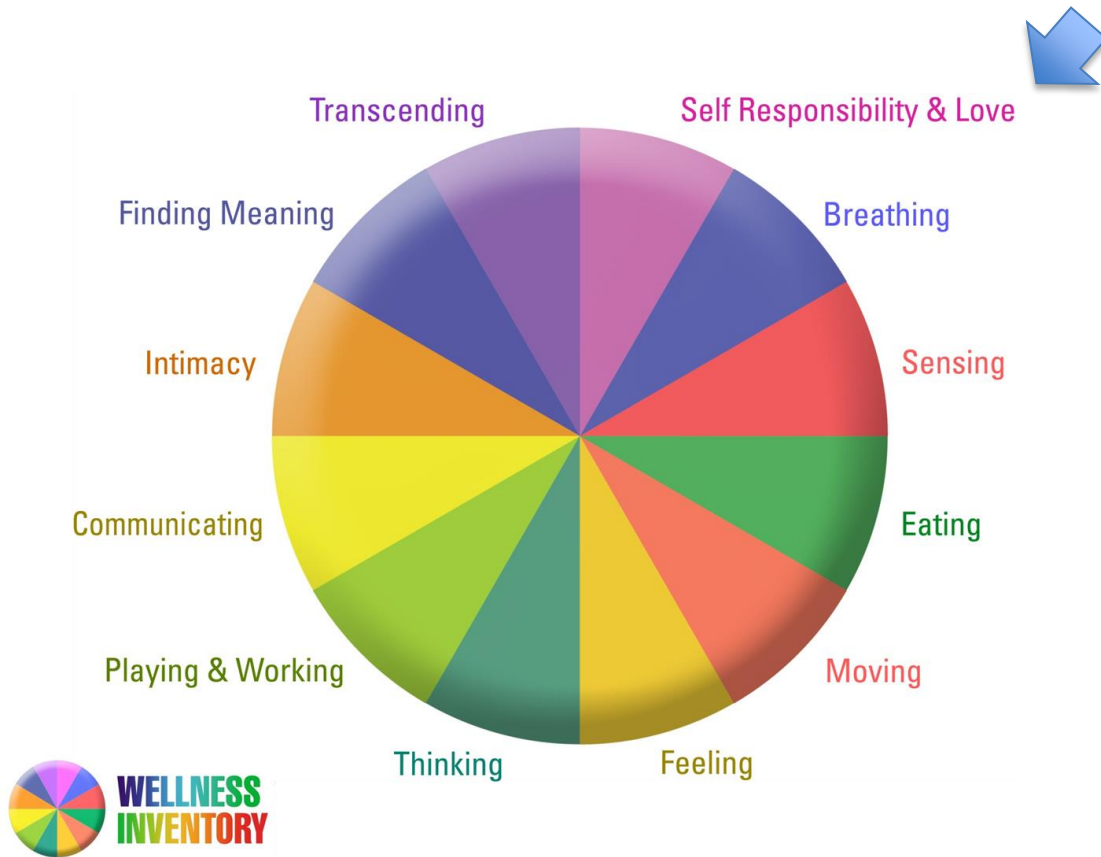
Curious? CLICK on blue statements to learn how they apply to your life.

Wellness Statement	How True?	How Motivated?
I recognize that I am responsible for my health and wellbeing.	 <input type="text"/> <input type="checkbox"/>	 <input type="text"/> <input type="checkbox"/>
I am an active participant in any medical care I receive.	 <input type="text"/> <input type="checkbox"/>	 <input type="text"/> <input type="checkbox"/>
I get between seven and nine hours of high-quality sleep per night.	 <input type="text"/> <input type="checkbox"/>	 <input type="text"/> <input type="checkbox"/>
I protect myself from safety hazards by wearing seatbelts, using smoke detectors in my home, not riding in a vehicle with a drunk driver, etc.	 <input type="text"/> <input type="checkbox"/>	 <input type="text"/> <input type="checkbox"/>



Office of Wellness & Health Promotion

WELLWVU
The Students' Center of Health



Office of Wellness & Health Promotion

WELLWVU
The Students' Center of Health

“It can be so painful to not be where I want to be due to my perfectionistic attitude and that when things aren’t the way I want them to be I blame myself. It takes a toll on my mind, emotional state, and body to be constantly worried about image and the future. I think it would be beneficial to be able to put the worries aside for a while and just focus on what I like about myself instead of what I don’t. Enhancing wellbeing is an all over process, not just focused on one portion. I think that by improving in one section of wellbeing it will start the process to improving them all. . . . sometimes it is just hard to see through the negativity. This is important to enhancing wellbeing because in order to want to truly better yourself, you must love yourself first. Self-love will give me the drive to improve all the areas of my life and put me on track to a better wellbeing.”



SELF RESPONSIBILITY AND LOVE



Office of Wellness & Health Promotion

WELLWVU
The Students' Center of Health

EXPERIENTIAL APPROACHES

Breathing - HeartMath®

Sensing - Sensing Walk


Eating - Mindfulness

Moving - Movement & Mood



West Virginia University

WELLWVU
The Students' Center of Health
chillPACK



chillWELL
chillPACK


Day 0	Day 1	Day 2	Day 3
Day 4	Day 5	Day 6	Day 7
Day 8	Day 9	Day 10	Day 11
Day 12	Day 13	Day 14	Day 15
Day 16	Day 17	Day 18	Day 19
Day 20	Day 21	Day 22	Day 23
Day 24	Day 25	Day 26	Day 27
Day 28	Day 29	Day 30	Day 31

WELLWVU
The Students' Center of Health

1 / 33

West Virginia University

WELLWVU
The Students' Center of Health
chillPACK



Day 1 | **chillWELL**
WELLWVU

List 3 things you are grateful for

1

2

3

MyID (MIX User Name)

Submit

SHIFT TO POSITIVE



Office of Wellness & Health Promotion

“...One statement I scored low on and high motivation was "Instead of worrying about a problem that I can do nothing about, I shelve it until I can deal with it and get on with what's before me." I definitely think just being aware of this has helped me. I know that now when I realize I am thinking or worrying about something I can't change that is uncontrollable, I will now change my thoughts to something that is in my control. I am trying to focus on controlling the controllable.”



THINKING COMMENTARY

ASSESSMENT

Pre & Post Inventory Data

Pre & Post Perceived Stress Scale

Student Course Evaluations



“The class discussion and the course itself was very helpful. Not just as a course but things we could use in every day life...it was mind opening.”

“The course helped me decrease my test anxiety and benefited my overall wellbeing.”

“As an international student, if I had taken this class when I first came to campus, it would have helped me adapt better.”



NEXT STEPS

IRB ASSESSMENT

DEVELOP 2 &/OR 3 CREDIT COURSE

TRAIN STUDENTS AS COACHES



ACKNOWLEDGEMENTS

*American College Health Foundation for
AETNA wellness innovation award 2014*

James Larcus Internship Summer 2014

Shannon Foster – co-creator and instructor



QUESTIONS?

*Colleen Harshbarger,
MS, ERYT-500, CWP, CWC*

*Director, Office of Wellness & Health Promotion
West Virginia University*

Colleen.harshbarger@mail.wvu.edu

304-293-5054

well.wvu.edu



Office of Wellness & Health Promotion

WELLWVU
The Students' Center of Health